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Surviving The Heat

Summer temperatures and the heat index on the rise!

The current heat wave calls for temperatures of 90° or more (100 – 105 Heat Index), along with ozone levels that can be hazardous to citizens. Most at risk are young children, the elderly, and people with health problems such as asthma that are susceptible to heat-related illnesses, such as heat stroke and exhaustion.

Stay indoors: Whenever possible. Be careful to avoid strenuous activities that can result in overexposure to the sun. If you must do a strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4 and 7 a.m.

When outdoors: Wear proper protection from the sun. Light-colored clothing, a hat, sunglasses and sunscreen protection are recommended.

Drink plenty of water. Dehydration, cramps, exhaustion or stroke can result from not drinking enough fluids. Water is the safest liquid to drink. Avoid drinks with alcohol or caffeine in them.

Eat small meals and eat more often. Avoid foods high in protein that can increase metabolic heat.

Knowing the symptoms of heat exposure can prevent serious heat illness from becoming life threatening. Should any of the following occur, be sure to get out of the heat, loosen any tight or heavy clothing, apply cool and wet cloths (such as towels & sheets), and drink plenty of cool water (1/2 glass every 15 minutes). If more extreme symptoms occur, seek emergency medical attention by calling 911.

Heat cramps: symptoms include painful muscle spasms, usually involving the abdominal muscles or legs. NOTE: Lightly stretch the affected muscle if possible.

Heat exhaustion: first signs are cool, moist, pale or flushed skin, dizziness, nausea, headache and weakness.

Heat stroke is the most serious sign of overexposure. Get help fast! Call 911! Symptoms include red, hot, dry skin, weak pulse, rapid breathing, and changes in consciousness.

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“Together We Can Save Lives And Prevent Injuries”